



# EARLY START NEWSLETTER



## January 2024



The Early Start program is California's early intervention program for infants and toddlers with disabilities and their families. Early Start services are available statewide and are provided in a coordinated, family-centered system.

### Visit Our Website

[Early Start Webpage](#)

[Early Start Frequently Asked Questions](#)

[Resources for Families, Parents & Caregivers](#)

## HEALTH & SAFETY CORNER

### Diaper Hygiene and Your Little

Practicing good diaper hygiene is important to ensure your infant and toddler maintain good health. Check out the important tips on diaper hygiene from the [Center of Disease Control and Prevention \(CDC\) website](#). Available in Spanish.

### Do Father's Experience Post-Partum Depression?

You probably have heard of post-partum depression, but did you know that approximately 10 percent of fathers experience post-partum depression?

Recognizing the [signs of paternal post-partum depression](#) and offering fathers timely support is key to their mental wellness.

### Keeping Your Child Healthy and Safe Around Pets

Our pets are an important member of the family. A young child's immune system is not as robust as that of an adult and they are more susceptible to germs animals may carry. The [CDC website](#) provides some recommendations to keep your child healthy. A healthy family is a happy family.

## TRAININGS AND EVENTS

### State Interagency Coordinating Council (ICC) on Early Intervention

#### Meeting Dates and Times

January 18, 2024, from 9:00 a.m. - 4:30 p.m.

January 19, 2024, from 9:00 a.m. - 1:30 p.m.

Join us via zoom or in person in Sacramento!

For more information about the ICC visit:

[State Interagency Coordinating Council](#)

*American Sign Language (ASL) and Spanish interpretation is provided.*

### "Be the One" Inaugural CalECSE Symposium

The California Early Childhood Special Education Network (CalECSE) Symposium will provide professional learning and capacity building sessions for all participants. This event will take place from March 7, 2024 – March 8, 2024.

[CalECSE Symposium Registration Information](#).

### Early Start Quality Incentive Program (QIP) Workshop

The Department is excited to pilot the QIP which will include Early Start Services for Children and Families as one of six focus areas. The desired outcome is to provide children and families timely access to Early Start services. The QIP Workgroups are scheduled for March 28, 2024, and June 27, 2024. For questions about the Early Intervention quality measure, please email: [QIPEarlyInt@dds.ca.gov](mailto:QIPEarlyInt@dds.ca.gov).



**The Early Start Program welcomes you and your family. We are in this journey together.**

# RESOURCES FOR FAMILIES & PROFESSIONALS <sup>(2)</sup>



## PRACTICE GUIDES FOR FAMILIES

As a parent or caregiver, you are your child's first and best teacher. [The Division for Early Childhood \(DEC\) Recommended Practices](#) can help you support your child's developmental needs, and support partnership with professionals to achieve your family's goals for your child. This resource guides practitioners and families toward effective ways to improve learning outcomes and promote development in young children ages birth to 5 who have or are at-risk for developmental delays or disabilities.

## TRANSITION TIME?

Is your child turning 3 in January, February and March? If so, talk to your service coordinator to begin planning your child's preschool options. Continue reading our [Frequently Asked Questions \(FAQs\)](#).

To help learn more about the transition process, please watch the ["Max Turns 3"](#) video. This video is also accessible in [Spanish](#). Both videos contain sign language insets.

## DDS Autism Services Branch

The Department is excited to announce the formation of the Autism Services Branch. This is another wonderful free resource for individuals, professionals and families. This new branch within DDS specializes in answering questions relating to a new or established Autism diagnosis.

They offer both a toll-free Helpline and email address for families, providers, and other stakeholders to ask questions or receive further assistance relating to Autism.



**DDS Autism Helpline**  
(833) 815-2337  
[Autism@dds.ca.gov](mailto:Autism@dds.ca.gov)



## THE LEARNING CORNER

### **First Five California**

Learning self-regulation in early childhood (0 to 5 years) is important to children's development. [First 5 California](#) provides a [simple list](#) of the milestones of age-appropriate social and emotional skills in young children.

### **California Children's Services (CCS) Program**

The state of California CCS program provides additional services for children, under age 21, who have CCS eligible medical conditions. Common examples of eligible conditions include sickle cell anemia, hemophilia, and aplastic anemia. Search your [local CCS](#) office.

### **Women, Infants and Children (WIC) Program**

The WIC program is available for women (pregnant, breastfeeding, post-partum) and children up to five years old may qualify. For tips on good nutrition practices and eligibility requirements visit [California WIC](#).

## DARBY'S LEGACY

On August 21, 2017, Darby Jean was born with Trisomy 13 (Patau Syndrome). Her syndrome led to medical complications and developmental delays. While Darby received great care in the hospital, her parents struggled to get her timely services and supports post-discharge. Darby's experience shone a light on ways California's service delivery system for medically fragile children can be improved. Read about the best practices of supporting families of infants and toddlers who have exceptional medical needs in [Darby's Legacy](#).



## FAMILY RESOURCE CENTERS NETWORK OF CALIFORNIA

The [FRCNCA](#) ensures that staff at Early Start Family Resource Centers (FRCs) are given access to professional development and connections with professionals in the field. To find a FRC near you, check out the [FRCNCA map](#).

# RESOURCES FOR FAMILIES & PROFESSIONALS <sup>(3)</sup>



## UNIVERSAL PREKINDERGARTEN: CALIFORNIA'S GREAT START

[Universal Prekindergarten \(UPK\)](#) is the expansion of the state's mixed delivery system to meet the early education needs of three- and four-year-old children and their families, including Transitional Kindergarten will be available for free to all four-year olds by 2025-2026. UPK is an important part of a statewide effort to provide whole child support for children and families and transform California's schools to be more community-focused and equitable. UPK implementation will look different across California's many regions. Partnerships with local tribal nations and community groups are necessary to build successful UPK programs.



## THE EARLY START NEIGHBORHOOD

[The Early Start Neighborhood](#) provides a "home base" for Early Start professionals and partners seeking training, technical assistance, and resources on early intervention Part C requirements, implementation, and evidence-based practices. This site is hosted under the Comprehensive System of Personnel Development and Resources (CSPD-R) contract, sponsored by the California Department of Developmental Services (DDS) and managed by the California Early Intervention Technical Assistance Network (CEITAN) at WestEd.

## FAMILY STORIES VIDEO SERIES

A wide variety of resources are available for families on the [DDS Early Start website](#). Also, please view our [Family Stories](#) videos. These videos are personal stories of families receiving Early Start services.

## DEAF & HARD OF HEARING RESOURCES

[LEAD-K Family Services](#) functions as the current Early Hearing Detection and Intervention (EHDI) program in California. Lead K's centralized services focus on connecting families with their local school district, Early Start home visit teachers, parent mentors, Deaf coaches and other supports as outlined in an Individualized Family Support Plan.

[Language First](#) aims to educate and raise awareness about American Sign Language (ASL)/English bilingualism and the importance of a strong first language foundation for Deaf and hard of hearing (DHH) children.

## LOVE & LITERACY EVENT

Want to get connected to the DHH community? Save the date for the [Love and Literacy](#) event on Saturday, March 9th, 2024, supported by the LEAD-K Family Services. This is a great event which your family will enjoy and treasure. Come prepared to learn and have fun.

## EARLY START BABYLINE

If you are having concerns about your child's development or would like more information about California's Early Start program, please call 1-800-515-BABY(2229) or email: [earlystart@dds.ca.gov](mailto:earlystart@dds.ca.gov).

# RESOURCES FOR FAMILIES & PROFESSIONALS <sup>(4)</sup>

## CALIFORNIA TEACHING PYRAMID FOR FAMILY CHILD CARE

WestEd, in collaboration with the California Department of Social Services- Child Care and Development Division, is accepting applications for a [comprehensive professional development package](#) for family childcare providers (educators) and family, friend, and neighbor providers who provide care for children birth to five years old in 2024. This experience includes materials and is offered at no cost to those who have their applications accepted.

There are 10 evening training sessions held virtually (on-line), 3 coaching visits in your home, and 3 reflective practice cadres in whatever manner (virtually or in-person) works best for the group.

Applicants must be able to commit to participation in all three separate components:

1. Training: California Teaching Pyramid for Family Childcare Virtually on 10 evenings. Monday & Wednesday: 6 pm to 9:15 pm.

- Module 1a: January 22 & 24, 2024
- Module 1b: March 18 & 20, 2024
- Module 2: May 20 & 22, 2024
- Module 3a: July 22 & 24, 2024
- Module 3b: September 23 & 25, 2024

2. Coaching visits in-person for ninety-minutes to 2-hours.

- Dates will be set with each participant after Module 1a, Module 2, and Module 3b.

3. Reflective Practice Cadres: Three 2-hour sessions.

- Dates will be set after Module 1b, Module 3a, and after the final coaching visit after Module 3b.
- Applicants will be screened based on their commitment and geographic distribution.
- Those who are accepted will be notified of their acceptance into the cohort by January 8. Others will be placed on a waiting list or invited to a future professional development opportunity.

Also available in Spanish beginning in May 2024:

<https://tinyurl.com/bdee648t>

## REGIONAL CENTER LOOK UP

Please utilize the [Regional Center Look Up](#) to locate a Regional Center in your area.



## RESOURCES FOR EARLY START PERSONNEL

Publications are available to guide Early Start personnel in service coordination, service provision, evidence-based practices, and recommended competencies.

[Early Start Personnel Manual: A Guide for planning and implementing Professional Development in Support of Early Intervention Services](#)

[Early Start Statues and Regulations \(Blue Book\)](#)

[Effective Practice in Providing Family Support Guide](#)

[Service Coordinator Handbook](#)